Nonprofit helps children achieve restful sleep

ood for thought: Imagine vou're tired and ready for bed, but you have no bed to sleep in. Where do you sleep, on the floor? Imagine this continuing every night.

WOMEN HELPING OTHERS

Anne Marshall

For many children in our community, this is their reality. Some sleep on the floor, while others squeeze two or three into a single bed.

Every child deserves a safe and comfortable place to lay their head at night. The Women Helping Others ladies were honored to welcome Ben Lake, a representative from Sleep in Heavenly Peace, to their meeting this month.

Sleep in Heavenly Peace is a 501(c)(3) nonprofit organization dedicated to building and delivering beds to children ages 3 to 17 who need a comfortable place to sleep. The sturdy, handmade wooden beds are often bunkable, and each bed comes with a new mattress, bedding and pillow.

Volunteers build and deliver these beds directly to families, with materials made possible by the generosity of donors.

Sleep in Heavenly Peace's mission is simple: No kid sleeps on the floor in our town. The Georgetown chapter, one of 340 across 47 states, has already built 340 beds since its founding and 125 beds so far this year alone. Nationally, Sleep in Heavenly Peace built 55,000 beds in just one year.

Sleep in Heavenly Peace believes that having a bed is a basic need for a child's physical, emotional and mental well-being. When the organization recognized the demand for beds outside their own neighborhoods, they expanded their efforts. Locally, the Georgetown chapter relies on volunteers, donations of lumber, mattresses, and bedding to continue their work. Volunteers gather weeklv.

If you'd like to help, whether by volunteering or donating, visit shpbeds.org. To qualify as a bed recipient, families must either be the legal guardians of the child (aged 3-17) or be referred by a school, social service or other local agency.

Tonight, when you lay your head on your pillow, remember that there are children right here in Georgetown without a bed of their own, hoping to one day Sleep in Heavenly Peace.



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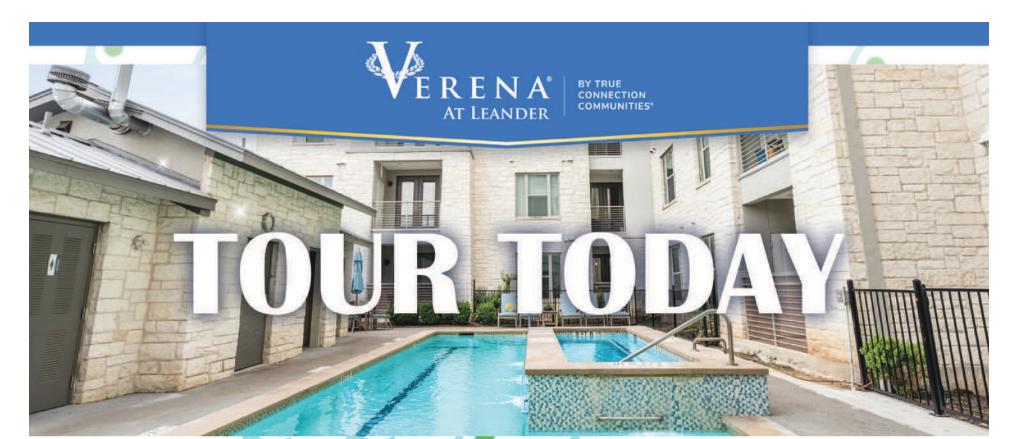




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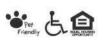
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